



Gearing Up For Your Transitions

Sexuality Education for Students with Disabilities

This information is adapted and being used with permission from The National Dissemination Center for Children with Disabilities (NICHCY).

In the natural course of life, we humans can be expected to grow and change. We develop and mature over time—our brains, our bodies, the sense of who we are and who we want to be. Development is a beautiful thing, really exciting and creative, and it makes parents, friends, and teachers look on in awe.

This resource page addresses one aspect of development that's important not to ignore with children with or without disabilities—the **development of sexuality**. There's so much to know and consider on this subject—what sexuality is, its meaning in adolescent and adult life, and the responsibilities that go along with exploring and experiencing one's own sexuality.

The Basics of Human Sexuality

Human sexuality: What children need to know and when.

Knowing what information is age-appropriate for children is important when you're talking to them about sex.

<http://www.plannedparenthood.org/parents/human-sexuality-what-children-need-know-when-they-need-know-it-4421.htm>

Sexuality and Disability

How does disability affect sexuality? The articles below highlight many key issues, including some that may not have crossed your mind.

About sex and disability.

http://sexuality.about.com/od/sex_and_disability/Sex_and_Disability.htm

Sexuality and young people with disabilities or chronic illness.

<http://www.med.umich.edu/yourchild/topics/disabsex.htm>

Dating and disabilities.

<http://www.thesite.org/sexandrelationships/havingsex/sexanddisability>

How sexuality is affected by different disabilities.

http://lifecenter.ric.org/index.php?tray=topic_alt_subtopic&tid=top163&cid=5053

Materials on Sexuality with Specific Disabilities

Living with a disability, chronic illness, or chronic pain doesn't make a person fundamentally sexually different from anyone. But it can mean that those with disabilities have less access to sex information in general or to resources specific to their disability. Parents and teachers will find the materials below useful in understanding and addressing how a specific disability may affect sexuality and sexuality education.

Autism spectrum disorders.

<http://www.autism.com/individuals/sexualityandautism.htm>

Autism spectrum disorders.

<http://www.education.com/reference/article/sexuality-instruction-autism-ASD/>

Autism spectrum disorders.

<http://www.autismuk.com/>

Autism spectrum disorders.

<http://autism.about.com/od/transitioncollegejobs/f/sexed.htm>

Autism spectrum disorders.

<http://www.child-autism-parent-cafe.com/sexuality-and-autism.html>

Cerebral palsy.

http://www.sexualhealth.com/what-do-i-need-to-know-before-dating-someone-with-cerebral-palsy_question_171/

Deaf-Blindness.

<http://nationaldb.org/documents/products/sex-ed.pdf>

Intellectual disabilities.

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Intellectual_disability_and_sexuality

Learning disabilities.

<http://hpg.sagepub.com/cgi/content/abstract/14/4/601>

Learning disabilities.

<http://www.nursingtimes.net/nursing-practice-clinical-research/teaching-sex-education-to-children-with-learning-disabilities/299962.article>

Physical disabilities, emotional disabilities, and intellectual disabilities.

http://www.advocatesforyouth.org/index.php?option=com_content&task=view&id=479&Itemid=177

Physical disabilities.

<http://www.sexualityandu.ca/en/teachers/teaching-sex-ed-for-youth-with-physical-disabilities>

Spina bifida.

http://www.spinabifidaassociation.org/site/c.liKWL7PLlrF/b.2705583/k.1646/Dating_And_Sexuality_Questions_And_Answers.htm

Spina bifida.

<http://www.spinabifida-incontinence.info/sex.htm>

Spinal cord injury.

<http://www.spinalcord.uab.edu/show.asp?durki=21720>

Spinal cord injury.

<http://lifecenter.ric.org/index.php?tray=content&tid=top163&cid=2560>

Traumatic brain injury.

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Traumatic_brain_injury_and_sexual_issues